

International Conference on
**NEUROLOGICAL DISORDERS &
STROKE AND NEUROONCOLOGY**

April 24-25, 2017 Dubai, UAE

Could Ambulatory Blood Pressure Monitoring Be a Routine Investigation for Patients with Mild Cognitive Impairment?

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Objectives: To study the ambulatory measured blood pressure (ABPM) profile in normotensive patients with mild cognitive impairment (MCI). **Patients and Methods:** The study was designed as a case control study including 50 male patients with mild cognitive impairment in the age group of 30 - 50 years old. The control group included 30 volunteers with no cognitive impairment and in the same age group (30 - 50 years old) and same gender. Mini-mental estate examination, office and ABP monitoring (ABPM) and brain MRI scans were done for cases and controls. **Results:** Thirty patients (60%) with MCI revealed a non-dipper blood pressure pattern. Sleeping systolic blood pressure and sleeping systolic load were significantly higher in patients with MCI than in normal volunteers ($p = 0.01$). MRI brain showed more white matter lesions (WMLs) in patients with MCI than in normal volunteers; however, this didn't reach significance level ($p = 0.056$). **Conclusion:** MCI in normotensive young adult patients could reflect an abnormal circadian blood pressure rhythm. Ambulatory blood pressure monitoring could be an essential investigation in young adult MCI patients.

Biography

Mohamed Hamdy Ibrahim, Egyptian, born on 1/11/1975. Graduated from Department of medicine, Ain Shams University, Cairo, Egypt. Joined the neuropsychiatry residency at Ain shams university Cairo, Egypt from 2001 till 2003, finished my MD in neurology and got my doctorate by 2008. I have been assigned as lecturer of neurology and my main concern was in the field of NEUROVASCULAR INTERVENTIONAL RADIOLOGY. Completed his fellowship in interventional neurology at ZURICH University, Switzerland as F.I.N.R. by 2013. Presently working as Assistant clinical professor of neurology, GMU University and GMC hospital, Ajman, United Arab of emirates (UAE) SINCE 2010. Have publications in many journals as OPEN JOURNAL OF MEDICAL IMAGING (OJMI), The Egyptian Journal of Radiology and Nuclear Medicine, the European Journal of Neurology, Neurology of India. Also a member of World Federation of Interventional and therapeutic Neuroradiology (WFITN), Member of ESMINT (European Society of Minimal Invasive Neurological Therapy). Member of European Society of Neuroradiology Diagnostic and Interventional (ESNR).

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